

SECTION #3

**HOW MRSA IS SPREAD/
NOT SPREAD**

YOU CAN GET MRSA--

- Just like getting a common cold with “skin to germ” contact
- MRSA likes to travel by skin on hands, clothes, linens and objects
- MRSA is common in the nose of 25-30% of all people



Antibiotic resistant germs are worldwide

YOU CAN ALSO GET MRSA BY BEING AROUND SOMEONE WHO IS SNEEZING OR COUGHING:



- It can be spread by droplets when people cough
- Caregiver's hands may be exposed and become contaminated



FIVE C'S (TO AVOID):

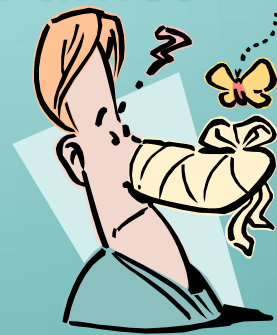
Although MRSA can occur anywhere,
these are five contributing factors:

- 1) CONTACT
- 2) CLEANLINESS (not practiced)
- 3) CROWDING
- 4) CONTAMINATED AREAS
- 5) COMPROMISED SKIN



TO PREVENT THE SPREAD OF MRSA:

- Maintain good hygiene at all times
- Keep wounds covered with clean dry bandages
- Be careful in close contact activities (i.e. gym, athletic practice, day care, school, work, etc.)
- Get a flu shot – MRSA caused pneumonia can follow the flu
- Do not take antibiotics when you don't need them





BLEACH IS GOOD PROTECTION

Good Protection is CHEAP!



Use **ONE TABLESPOON BLEACH**
per **ONE QUART WATER**



to clean bleach safe surfaces,
rooms, etc.